



Separating Your Personal Life from Your Professional Life

Do you find yourself doing your work at your home when you are lying in bed? Do you find yourself thinking about your marriage or your significant other at work? If you said yes to both of these questions then that is okay, as we are human.

If you do find yourself distracted from your work because you are thinking too much of your current relationship this can be a plague on your professional career. Why? Well, let us think about it for a minute. If you are thinking about your relationship, your mind isn't 100% focused on the task at hand.

Many professionals who have successful careers do so because they are committed to their work and do not let their personal problems affect their **job performance**. We all have problems and concerns that we must face during the course of our lifetime; your mother may suffer from an illness; your dog of 15 years just died; your child isn't adjusting to his classmates and surrounding environment very well. When times are tough in your personal life, do not think of work as "work" but as a release. What? Many athletes who are suffering from personal problems use the basketball court, tennis court, baseball field and football field as places of tranquility. Superman had the Fortress of Solitude when he wanted to escape from the real world and all the stress it brought him. While you may not have your own Fortress of Solitude in a literal sense, work can be your "Office Building of Peace".

If you are stressed in your personal life, the chances are great you will bring your personal life to work. Blocking out your personal problems can be accomplished. How? Well, in order for you to block out your personal problems you must keep your professional life in perspective. Can you afford to underperform and continue to keep your career? How would you feel if you lost your job because you weren't performing as you should be? You must know that your career is very important to you and losing your job will only make your personal life worse.

Obviously, your family is very important and you need to take care of them financially, but you can't let them negatively affect your professional responsibilities. If your teenage daughter is dating a guy you are not fond of, thinking about how much you would like to run him down with your car won't help you finish writing the Johnson report.

This last way to eliminate your personal stress from your life while you are at work is not to take personal calls when you are working. Unless it is an absolute emergency, you do not need to take calls from home unless they are necessary. You might think "Well, what if my wife just wants to



know what to make for dinner." That isn't a problem. A "problem call" is if your wife calls to discuss what your son did at school. Perhaps he was in an altercation and got suspended. This type of discussion can wait until you get home.